



## STERLING COMMUNITY NEWSLETTER

July 2015

### Mark your calendar for some Happenings in the area in July

Mon-Fri. July 6 <sup>th</sup> -10 <sup>th</sup> @ Sterling Baptist Church “Vacation Bible School” “To the Edge”	6:00-8:00 pm
Tues. July 7 <sup>th</sup> @ SSC Caregiver Support Meeting Topic; “Firearms and Dementia”	1:00 pm
All Fridays in July @ SSC “Flea Market”	10:00/3:00 pm
Thurs. July 16 <sup>th</sup> @ SCC Board Meeting of Sterling Community Center (everyone welcome)	5:45 pm
July 18 <sup>th</sup> & 19 <sup>th</sup> @ SSC “Annual Gun Show”	10:00/4:00 pm
Sat. July 25 <sup>th</sup> @ SCC “Community Garage Sale”	9:00-5:00 pm
Sat. July 25 <sup>th</sup> @ SSC “Masonic Fish Fry”	4:00-6:00 pm
Open registration for “ <u>Triathlon &amp; Fun Day Carnival</u> ” will continue until August 14 <sup>th</sup>	
<b><u>Save the Day</u></b>	
August 15 <sup>th</sup> “Sterling Community Triathlon & Fun Day Carnival”	11:00 /6:00 pm

### Sign up for a FREE SPACE for the Sterling Community Triathlon & Fun Day Carnival

In an effort to connect our Sterling Community the Center is hosting a “Sterling Community Triathlon & Fun Day Carnival”. The event will be held **on Sat., August 15<sup>th</sup>** at the Sterling Community Center from 11:00 – 6:00.

We would like to invite any individual, church, business, or group to put up a booth **free of charge**. Your booth could be an informational booth, a fun game or event booth, or items for sale. Some ideas for booths include but

are not limited to carnival games, face painting, balloon making, jumpy house, dart throwing, vendor wares, etc. Some groups have signed up already and we are not allowing duplicate things. Sign up at the Sterling Community Center to reserve you space. The event will take place outside in the Community Center’s parking lot weather permitting, so plan accordingly.



During the event we will have a central location to buy tickets for .50 or \$1.00 increments. .

Each booth will decide the price that they want to charge and collect the tickets. Then they will get refunded for the amount of tickets turned in at the end of the day.

We hope you will be as excited as we are to participate in this fun event! We will be having an informational meeting regarding the Fun Day along with our regular general meeting on **Thursday, July 16<sup>th</sup> at 5:45 p m** at the Sterling Community Center. We hope to see you at the meeting. Questions please call # 262-7224.

Sincerely, Sterling Community Center Planning Team



## **MASONIC**

## **FISH**

## **FRY**

*The Sterling Masonic Lodge #22 is sponsoring a Fish Fry at the Sterling Senior Center on Saturday, July 25, 2015 from 4:00-6:00 p.m. The dinner will include all-you-can-eat beer-batter halibut and cod, baked beans, french fries, hush puppies, cheesy biscuits, coleslaw, salad and dessert. A donation of \$20 is requested for adults and children under 12 eat free. Proceeds of the fish fry go towards funding various philanthropic activities in the area along with supporting the Shriners Hospitals. For more info, call 262-3866.*

## **KENAI PENINSULA CAREGIVER PROGRAM**

# **JULY SCHEDULE**

## **Kenai Peninsula Family Caregiver Support Program**

### **Meeting Schedule**

- Tuesday, July 7 2015, 1:00 pm Sterling Senior Center, Caregiver Support Meeting  
Topic: Firearms and Dementia
- Tuesday, July 14, 2015, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting  
Topic: Firearms and Dementia
- Tuesday, July 21, 2015, 1:00 pm Kenai Senior Center, Caregiver Support Meeting  
Topic: Firearms and Dementia
- Tuesday, July 28, 2015 1:00 pm Soldotna Senior Center, Caregiver Support Meeting  
Topic: Firearms and Dementia

*Please join us to share your experiences as a caregiver, or to support someone who is a caregiver. If you are helping a family member or friend by being a caregiver, come see how we can help. Please call Shelley or Judy at (907) 262-1280, for more information.*

## **STERLING COMMUNITY CENTER NEWS**

The response from you all with donations and help has been overwhelming regarding the Card St. fire. The people that were burned out, the ones that had no electricity or gas for a number of days, and the Sterling Community Center want to say a big thank you to all! It was amazing and heartwarming to see how our community came together in this time of need. The Incident Command people and the firefighters have been using the Center for a place to sit, relax and eat, for the caterers to come in and feed them, and for taking showers. The amount of firefighters using the Center has been reduced to around 50 so in the near future the Center will be back to our normal operating programs. Please continue to check Facebook



for the upcoming times, dates and programs that will be starting soon. Thank you again for your help and consideration.

**Monthly Board meeting** will be held on Thursday, July 16th at 5:45 pm in the Library. The meetings are open to the public.



**Community Garage Sale** Because of the Card St. Fire the Community Garage Sale date had to be moved. It will now be held on Saturday July 25<sup>th</sup> from 9:00 am to 5:00 pm. If you would like to rent a space it is \$10.00 per space and if you want to rent a table it is \$10.00 per table. Call 262-7224 for reserving.

Don't forget to support the Sterling Community Center every time you shop on Amazon. Log onto [smile.amazon.com](http://smile.amazon.com) and once you've logged on, go under your name/account to "change your charity". Type in Sterling Community Club and hit the select button. Once selections come up select the Sterling Community Club located in Sterling, AK and hit the select button. Now when you shop on Amazon, 0.5% will be donated by Amazon to the Sterling Community Center on eligible orders.

Be checking the calendar we are trying to have some special activities for the kids during the summer!!! The Sterling Community Center is still looking for a campground host for the summer of 2015. If you are interested please call the Community Center at (907) 262-7224 or send an email: [scc@acsalaska.net](mailto:scc@acsalaska.net)

Looking for a place to hold a birthday party, bridal shower or a wedding reception? Come check out our facilities and see if we can accommodate what you have in mind!! Many options are available. Give us a call!

Hey... if you are 70 or over years young, did you know you can obtain a Sterling Community Center membership free of charge? Stop by and sign up and start taking in some benefits.

**SAVE THE DATE:** August 15, 2015 is the "Sterling Community Triathlon & Fun Day Carnival" starting at 11:00 am. Carnival games for all ages, entertainment, B-B-Q and also the Sterling Triathlon "RUN-CANOE-BIKE". Registration is open now at the Sterling Community Center, call 262-7224.

## **STERLING TRIATHLON Saturday, August 15th, 2015** **Sponsored by Sterling Community Center**

Divisions are: Adult Teams/Adult Solo                      Youth  
Teams/Youth Solo

Adult: 19-39 years  
40 and Up

Youth: 14 – 18 years



Teams: (if mixed team of ages like 19 & 50, the team will compete in 19-39 age group)

Entry Fees: Teams: \$50 Solo: \$25

Cash prizes

Applications are available at Sterling Community Center

1.7 mile run,  
1 mile canoe  
(kayak-solo)  
5.6 mile Bike

Team Division: **Kayaks** in team division are **not allowed**

1<sup>st</sup> team members runs;  
both team members canoe;  
2nd team member bikes

Questions call Sterling Community Center 262-7224 or Jennifer Waller 740-8018 Rules and Regulations

\*All participants must have registration, liability forms and fee's turned in to the Sterling Community Center by August 8th, 2015. \* All participants must be checked in 30 min prior to start time. \*All participants must provide their own kayak, canoe, paddles & bikes. \*All participants must provide AND WEAR their own LIFE JACKETS and BICYCLE HELMETS. Participants who do not have/ wear these items will automatically be disqualified.

\*Youth Race will start at 11 am (check in at 10:30)  
\*All youth solo & youth teams start at same time  
\*Adult Race will start at 1 pm (check in at 12:30)  
\*Awards will be given at 3pm



## **STERLING BAPTIST CHURCH**

Sterlingbaptist@acsalaska.net

Vacation Bible School is coming to Sterling Baptist Church: "To The Edge" - an encounter with The God of the Universe!

Join the action at Sterling Baptist Church in Sterling for exciting Bible stories, crafts, games, skits and prizes. Bring your friends, ages 4-12 years and join us each day July 6<sup>th</sup> -10<sup>th</sup> from 6-8 PM

Call us at 262-4711 for additional information.

## **STERLING SENIOR CENTER**

**Some events off the Seniors calendar:** the Senior Center will be closed July 3<sup>rd</sup> and 4<sup>th</sup> in observance of Fourth of July holiday. "Flea Market" is held every Friday from 10:00-3:00 pm. "Annual Gun Show" July 18<sup>th</sup> 19<sup>th</sup> from 10:00-4:00. "Christmas in July Bazar and Bake Sale" July 10<sup>th</sup> 11<sup>th</sup> from 10:00-4:00.

## **Citizens Corp Tips**

Citizens Corp tips

All focus is on nasty Alaska fires; however, here is #3 of Aviation Safety:

In the unlikely event that you are involved in an aviation emergency situation, the most important thing you can do is to remain calm and follow the directions of the flight attendants and flight crew.

**What to Wear to Reduce your Risks**

In the unlikely event of an airplane evacuation via escape slides, synthetic fibers can become very hot due to friction, and melt causing first, second and even third degree burns to the body and legs. The following steps should be taken when traveling to ensure passenger comfort and safety.

- Wear clothes made of natural fibers such as cotton, wool, denim, and leather. These fibers offer the best protection during an airplane evacuation or fire. Synthetics such as rayon, polyester, and nylon (especially in hosiery) can melt when heated. Wear clothing that is roomy and comfortable.
- Wear long pants and long sleeves. Avoid wearing shorts or skirts since these types of clothes do not appropriately cover extremities.
- Wear low-heeled laced or strapped shoes, boots, or tennis shoes. Shoes made of leather or canvas are preferable. High heeled shoes will have to be removed before leaving the airplane via an escape slide. This will slow your departure from the airplane and put you at risk for severe injury from possible hazards such as broken glass, or metal debris. Avoid wearing sandals for the same reasons.

**Turbulence:** Turbulence happens and much of it is unpredictable. And when it does happen, adults and children who are not buckled up can be seriously injured. According to the FAA, the majority of turbulence-related injuries and deaths occur when the seat belt sign is on. The following advice should keep you from becoming one of those statistics.

- Wear your seat belt at all times, turbulence is not always predictable. In non-fatal accidents, in-flight turbulence is the leading cause of injuries to airline passengers and flight attendants. Each year, approximately 58 airline passengers in the United States are injured by turbulence while not wearing their seat belts.
- From 1981 through December 1997, there were 342 reports of turbulence affecting major air carriers. As a result, three passengers died, 80 suffered serious injuries and 769 received minor injuries. At least two of the three fatalities involved passengers who were not wearing their seat belts while the seat belt sign was illuminated.
- Of the 80 passengers who were seriously injured, approximately 73 were not wearing their seat belts while the seat belt sign was illuminated.
- Generally, two-thirds of turbulence-related accidents occur at or above 30,000 feet. In 1997, about half of the accidents occurred above 30,000 feet.

**Emergency Evacuation:** The best preparation for an emergency evacuation is to be familiar with the location of the exits, be ready to follow the commands of the flight and cabin crew, and to wear clothes that facilitate moving down an emergency slide. For example, high heeled shoes may cause the slide to rip. In the case of deployment of emergency oxygen, your first priority is to put on your own mask. If the cabin is depressurized, you face the risk of loss of consciousness. Putting on your mask first decreases the risk of your passing out before having the opportunity to help your children or other passengers with their oxygen masks.

*From Editor-Grace Merkes- Hope you enjoy reading the Sterling Community Newsletter and this info is helpful to you. All information from your groups, churches, organizations, businesses, birthdays, weddings, graduations, individuals etc. are accepted by emailing me at [merkes2@yahoo.com](mailto:merkes2@yahoo.com) Thank you!!*